

Chemotherapy for Early Testicular Cancer Seminoma

You have recently been diagnosed with 'early' testicular cancer.

This means it is likely that the operation you had to remove your testicle (orchidectomy) has cured the cancer. In addition, we could not see any spread of the cancer on your CT scan, which took pictures from your groin to the top of your lungs.

Unfortunately, in a small number of men the cancer will come back. The most common places for this to happen are in your lungs and the glands at the back of your abdomen. The Bristol Testicular Cancer Service (BTCS) Team has assessed the risk of this happening to you and has recommended a short course of chemotherapy to make this risk much smaller.

Adjuvant Chemotherapy

Adjuvant Chemotherapy are drugs used to destroy cancer cells that may have spread around the body, but are too small to be seen on x-ray or CT scan.

For Seminoma, we use one treatment of Carboplatin.

Carboplatin can cause a series of side effects when given for more than one treatment. Due to the nature of having one treatment, we do not expect patients to experience prolonged side effects.

The side effects you may have are:

- Increased risk of infection
- Nausea and vomiting - you will be given tablets to help to prevent this.
- Altered taste
- Constipation for 1- 2 days after treatment
- Tiredness and fatigue
- Possible effects on fertility – if you do not have any children, you will be given the opportunity to store sperm.

What will happen?

Kidney Test

Prior to your chemotherapy, you will need to have an outpatient test to check your kidney function, which allows us to accurately calculate the dose of your chemotherapy. This involves an injection of a very mildly radioactive substance and four blood samples will be taken at specific time intervals over several hours. There are no side effects to this procedure. When your test date has been arranged you will be sent a more detailed letter.

Chemotherapy

Carboplatin is given as an intravenous drip (infusion) through a fine tube (cannula) in a vein on the back of the hand. This happens in the Chemotherapy Day Unit and takes approximately 1 ½ hours to administer.

Your clinic doctor and Clinical Nurse Specialist will discuss the benefits and side effects of treatment in detail and if you decide to have the treatment you will be asked to sign a consent form.

Follow Up

When you have completed your treatment, you will have regular follow-up appointments in the outpatient clinic.

Seminoma Post-Adjuvant Chemotherapy Surveillance Schedule

MONTH	1	2	3	4	5	6	7	8	9	10	11	12
YEAR 1	HNA			TM		ST		TM				TM
	TM			CXR				CXR				PE
				PE				PE				CT/CXR
YEAR 2				TM				TM				TM
				PE				PE				PE
												CT/CXR
												LE
YEAR 3						TM						TM
						PE						PE
YEAR 4						TM						TM
						PE						PE
YEAR 5												TM
												CT/CXR
												PE
												LE
DIS-CHARGE	On discharge, your GP will be given the following information: • Details of your diagnosis • Treatment • Potential late effects • Signs and symptoms of recurrence If you are worried about potential recurrence or a second testicular cancer, please contact the team who will be happy to see you.											
TM	Tumour Markers (AFP, HCG, LDH)											
CXR	Chest X-ray											
PE	Physical examination (We encourage all testicular cancer patients to perform a monthly testicular self-examination)											
CT	CT scan of abdomen and pelvis											
LE	Blood test in Clinic: hormone profile, kidney function, liver function, full blood count, Lipids. At Your GP: Blood Pressure, Body Mass Index, Electrocardiogram.											
HNA	Holistic Needs Assessment Clinic											
ST	Survivorship Toolkit Day part of recovery package											
If we find anything wrong with any of your tests we will contact you and ask you to come back to clinic for an earlier appointment. Regular attendance is very important!												

ACHEMO-SEM04



This leaflet has been provided by the Bristol Testicular Cancer Service

www.uhbristol.nhs.uk/btcs

Supporting men with Testicular Cancer in the South West



Funded by It's in the Bag Cancer Support

www.itsinthebag.org.uk